


# JULY 2013 NBCC Lunch Program

Mon	Tue	Wed	Thu	Fri
<b>1 Pork en Salsa Verde</b> Tortilla Garbanzo Bean Soup Fruit	<b>2 Pork Curry with Rice</b> Cabbage & Carrots Jicama Salad Chocolate Mousse w/Raspberries	<b>3 Hamburger</b> Potato Salad Corn on the Cob Watermelon	<b>4 INDEPENDENCE DAY HOLIDAY</b>	<b>5 Pasta Puttanesca</b> w/Chicken, Salad w/Dressing, Garlic Bread, Lemon Cake
<b>8 Salsa Fish</b> Steamed Rice Vegetable Blend Corn Tortilla	<b>9 Sack Lunch Surprise</b>	<b>10 Turkey Salad Wrap</b> w/Mixed Greens, Navy Bean & Vegetable Soup Crackers, Mixed Citrus	<b>No Lunch Served on Thursday's</b>	<b>12 Fish Primavera</b> Broccoli Cheese w/Baked Potato, Roll Pineapple Upside
<b>15 Mexican Zucchini</b> With Pork and Flour Tortilla Tropical Fruit	<b>16 Sack Lunch Surprise</b>	<b>17 Ivar's Clam Chowder</b> Open Face Sandwich Green Salad Mandarin Oranges	<b>Lunch Fees:</b> <b>60+; \$3.00</b> Suggested Donation <b>Under 60; \$6.00</b>	<b>19 Shrimp Fettuccini</b> Carrots, Breadstick Berry Crisp w/Ice Cream
<b>22 Cheese Enchilada</b> Beef Soup Salad Chips & Salsa Pears	<b>23 Sack Lunch Surprise</b>	<b>24 3 Bean Chili</b> w/Cheddar Chees &Onions in a Bread Bowl, Salad w/Dressing, Fruit & Yogurt Parfait	<b>Lunch Served at Noon</b> 	<b>26 Tuna Casserole</b> Peas & Carrots, Salad w/Dressing, Roll Chocolate Pudding w/Banana 
<b>29 Taco Salad</b> Taco Chips & Salsa Vanilla Pudding Banana	<b>30 Sack Lunch Surprise</b>	<b>31 Beef Mushroom</b> Sauté w/Noodles, Green Beans, Cucumber & Tomato		

**For information please call 425-452-7681. North Bellevue Community Center 4063-148th Ave NE, Bellevue, WA 98007.**

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.

Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.